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ABSTRACT

This unit, intended for secondary level students, is a general introduction to Chinese cooking. It is meant to inform students about the origins of Chinese cooking styles in their various regional manifestations, and it can be used to discuss how and why different cultures develop different styles of cooking. The first part of the unit, adapted from the Time-Life cookbook "The Cooking of China" by Emily Han, discusses the four basic types of Chinese cooking: northern, including Peking or mandarin style; coastal, including Shanghai; inland, including Sichuan and Hunan; and southern, centered in the city of Canton. The next part discusses how to plan a Chinese dinner. A word about some ingredients used in preparing Chinese food such as soy sauce and bean curd is included. The unit concludes with recipes for Chinese pepper steak, stir fried vegetables, ma po bean curd, sze-chuan cucumber relish, honey dew ham, cabbage with cream sauce, west lake fish, stewed pork in brown sauce, beef and oyster sauce, sweet and sour pork, minced chicken with corn soup, roast Peiping duck. A list of recommended books on Chinese cooking is included. (Author/RM)

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Chinese Cooking

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Chinese Cooking Unit

To the Teacher

This unit has been prepared as a general introduction to Chinese cooking that can be adapted to a number of classroom uses. The introduction is meant to inform students about the origins of Chinese cooking styles in their various regional manifestations, and it can be used to discuss how and why different cultures develop different styles of cooking.

For example, China has always had a large population of poor peasants, and many aspects of Chinese cooking reflect the need to use everything to the fullest. The rounded bottom of the wok saves both fuel by reducing cooking time and oil by keeping the food circulating towards the bottom of theepan in the stir-frying process. The complete use of the duck in Peiking duck is just one example of how the Chinese make use of all of the parts of every animal they use in cooking. The feet of a chicken and the belly of a pig are considered delicacies, while in this country they would not even be fed to animals. This is true because a poor Chinese family may only buy meat once a week or once a month, and every precious bit is put to good use.

Regional variations in Chinese cooking reflect the availability of ingredients, limited by the vast size of China and the difficulty of overland transportation. Compare some of the regional differences to those in the United States: for instance, the love of hot peppers in the warmer inland areas of Sichuan and the Southwest U.S. (nobody knows for sure why

this coincidence occurs, but some have suggested that hot peppers are rich in vitamin C, a vitamin more necessary in hotter climates. Another reason might be to help preserve food and to cover any unpleasant flavors due to hot weather: that is the origin of the use of many spices throughout the world).

You can also ignore the introduction and just teach the cooking for its own sake. Like the commercial says, it tastes good, and they don't have to know its also good for them!

We have included a few recipes here, but feel free to consult cookbooks and to experiment. Sometimes ingredients can be hard to find, but alot can be done with domestic stuff. Chinese cooking lends itself well to pot-luck dinners, and if you can involve the parents, you may find that people have favorite recipes of their own. PEASE does have some resource people with experience in cooking demonstrations, and it might be possible to have somebody come to your school and help. But be brave, and experiment a little on your own first. It's easier than you think!

China and Her Cooking

(Adapted from The Cooking of China by Emily Han and the editors of Time-Life Books, pp. 11-17.)

Chinese cooking is generally considered, along with the French, as one of the two greatest types of cooking in the world. But don't let the gourmet reputation or the exotic sounding names fool you: basic Chinese cooking is easy and inexpensive to prepare. It is also often more nutritious and less fattening compared to the meat and potatoes diet of most Americans. All that, and it tastes great, too!

Actually, there are many different kinds of Chinese cooking. This is not surprising, since the climate and growing conditions are much more varied than in Europe or America. Climate and growing conditions effect what you can grow, so it also effects what you can eat. Today there are four basic types of Chinese cooking: northern (including Peking or "mandarin" style), costal (including Shanghai, China's biggest city), inland (including Sichuan and Hunan), and southern (centered in the city of Canton).

When most Americans think of Chinese cooking they think of rice, but in nothern style cooking the staple food is not rice but wheat flour. (Rice grows in the hotter, wetter climate of the south) Wheat is used to make a variety of noodles, dumplings, and steamed breads. You may have heard of jiao zi, a steamed dumpling sometimes called "Chinese" ravioli," or the fried dumpling called guo tie or "pot stickers." Chow mein,

a dish introduced to us first in its Cantonese form, actually means "fried noodles" in Chinese and is probably more popular in the north. Although we sometimes think of these dishes as Chinese versions of Italian food, it was actually the Italians who were introduced to noodles when Marco Polo came to China about seven hundred years ago.

Probably the most famous dish in the northern style of cooking is Pe-king duck. It takes a whole day and a special oven to make it properly, so even when you go to a restaurant you usually have to order it in advance. The cooking process, which includes blowing the duck up with an air pump, makes the skin extra crispy and delicious. It is served with a kind of pancake, green onions and a special sauce, sometimes with the skin only and sometimes with pieces of meat. The extra meat can be fried with vegetables, the bones are used to make soup, and even the fat can be used to make a kind of custard! Thus one duck can be an entire meal for several people.

North of Beijing (the new way of spelling Peking, closer to the Chinese) is Mongolia, where a nomadic tradition of sheep herding makes lamb a common ingredient for cooking. It is not popular in the rest of China, where pork is the most common meat and even beef is rarely eaten. South of Beijing is Honan province on the Yellow River, where fresh water fish is cooked in a popular sweet and sour sauce.

The capital of imperial China was usually in the north, so it was popular with the Chinese officials called "mandarins" by the early Western explorers. Thus northern style cooking is

sometimes called "madarin style," although many restaurants the United States use this term simply to make their food sound more exotic than typical Cantonese-American fare.

The coastal cooking of Shanghai and Fujian (Fukien) naturally includes a lot of fish and shellfish from the ocean and the many rivers which run into it. Rice is the staple, but steamed buns are also popular. Fujian produces the best soy sauce in China, so cooking there includes a lot of slow stewing in the sauce, which is called "red-cooking."

Moving inland from Shanghai one comes to the provinces of Sichuan (Szechuan) and Hunan, famous for their hat and spicy cooking. Mao Zedong (Mao Tse-t'ung) came from Hunan, and it is said that his love for spicy cooking destroyed his taste buds as he grew older. Another famous ingredient from inland cooking is a fungus known as "tree ears," used in making Mu Shu pork and Hot and Sour soup, two increasingly popular dishes in the growing number of Sichuan-style restraunts in this country.

The most common kind of cooking in the U.S. is the southern style or Cantonese, named for the city of Guangzhou, which westerners call Canton. When China was first open-ed up to foreigners, the port city of Canton was the only port of entry they were allowed, and consequently it also became a major port of exit. Because American contact was limited to Canton, and because many of the Chinese who came to this country were from the Canton area, Chinese cooking in America became synonymous with Cantonese cooking. Only recently have other types of Chinese cooking become popular in this country.

Cantonese cooking is usually sweeter than most other Chinese cooking, and it uses a variety of sauces and gravies. Because Canton is on the coast, its cooking also includes a wide variety of seafood dishes, although not many common Chinese people eat shrimp and lobster sauce! Egg rolls (or spring rolls) and spareribs, popular here, are part of a special group of snacks (dim sum) that are served with tea in what has come to be known as Cantonese breakfast (yam cha). They are not common in people's daily diet, but don't let anyone tell you that these Cantonese delicacies are not "real" Chinese food, just because they have become so popular here.

As transportation improves, China, like the rest of the world, is getting smaller, and the schools of cooking have begun to overlap and borrow from one another. One rarely plans a "Cantonese" or a "Sichuanese" meal--you can mix and match to your heart's (and your mouth's) content.

Planning a Chinese Dinner

Chinese cooking can be complicated and time consuming, but it can also be simple and fast. Chinese pepper steak can be made from scratch faster, cheaper, and better than the kind that comes frozen in a plastic boiling bag. Once you get the knack, you may never eat hot dogs again!

A well-prepared Chinese dish is expected to appeal to more than just your sense of taste. The colors should be pleasing to the eye, the ingredients chopped to uniform size, and it should smell good, too. Within the meal there should be contrasting tastes and textures: if one dish is bland, the next should be spicy; if one is crispy, the other should be smooth. The idea is always to create a balance both nutritionally and for the senses.

If Americans are having guests for dinner they buy a bigger piece of meat. The Chinese make another dish. One usually figures one dish per person, plus rice, although if you have six people, you may want to plan four dishes and make them somewhat bigger.

It doesn't take long to cook most Chinese dishes, but it takes a long time to get ready. Depending on how many dishes you are making and how fast you are with a knife, it could take several hours to chop everything up and make all of the sauces. You will not find knives on a Chinese table--everything is chopped into bite-size pieces in the kitchen (that also helps preserve fuel by cutting down on cooking time). Ideally everything is made ready in advance. Shortly before dinner

time the ingredients are mixed in the pan as the dish cooks quickly in the process basic to most Chinese cooking known as stir-frying.

What is stir-frying? It is simply a method of cooking food quickly in a small amount of oil at very high temperatures. The food is kept constantly moving so that everything cooks evenly and nothing gets burned.

This brings us to the unique cooking pan used by the Chinese and throughout most of Asia: the wok. It is a round-bottomed pan, usually made of carbon steel, and it can now be bought in most American department stores. Its round shape helps to spread the heat more evenly and prevent burning. The oil is concentrated at the bottom, and as you stir upwards and along the sides new pieces fall to the bottom. This allows one to cook more food in less oil, making it both cost-efficient and better for you. It is also deep enough to be used for steaming and deep frying: one pot can cook an entire meal. When one dish is cooked, put it on a plate, rinse out the wok, dry it well, and it is ready to be used for the next dish. (If the wok is not completely dry, the water will cause the oil to splatter when it gets hot, which can be dangerous)

A new wok will come packed in oil to prevent rust (unless it is stainless steel). It will need a good washing with soap and water, and then you may want to "season" it by coating the inside with cooking oil and heating it on a low flame for ten or fifteen minutes. With regular use, the oil used in frying will constantly reseason the wok and rust should not

be a problem. Dry the wok well after each use by heating it on the stove until the water evaporates. This will also help to prevent rust between uses. If rust develops, wash it out with soap and water and steel wool if necessary. Reseason, and your wok is as good as new again.

In traditional China, the dishes were prepared one at a time by the women while the men sat and ate. You can keep dishes warm by covering them (with the top of your wok, if you are not using it) or putting them in a warm (200°) oven. There are some advantages to modern American kitchen appliances!

Is a wok really necessary? No, a frying pan can be used, but you may not want to heat it as hot, and constant stiring is even more important, because you lose the natural circulation provided by the shape of the wok. The wok is no longer expensive or difficult to find, however, so the better question might be why not use it? Once you do, you may not go back to your frying pans again.

A Chinese menu begins with rice: about a half cup of uncooked rice per person. The Chinese use rice cookers if they can afford them, but rice cookers (unlike woks) are still expensive and hard to find. A regular pot and supermarket rice works fine. Then plan your meal according to how many people you want to feed and what vegetables are in season. Some recipe and menu suggestions follow.

A Word About Ingredients

Soy Sauce: The common brands in the U.S. are La Choy, an American version of the Chinese type, and Kikoman, a sweeter Japanese soy. In oriental food stores you will find light and dark soys, mushroom soy, cooking soy and table soy. Almost anything will do, just buy whatever tastes good to you.

Cooking Oil: The ultimate Chinese cook uses peanut oil because it can be heated to a higher temparature without Burning. Any vegetable oil works well, and safflower oil is fine if you don't mind the distinctive flavor it gives to the food.

Beef or pork: The Chinese prefer pork, Americans beef. Many recipes work well with both. Experiment and decide according to your own taste and budget.

Many recipes call for a 2 oz. ball of ground meat or about a pork chop's worth of meat, so if you cook Chinese food regularly you may want to buy in bigger quantities and divide the meat up into one dish sizes to be wrapped in foil and frozen individually. Then you can simply defrost what you need when you need it.

Bean Curd: Doufu (Chinese) or Toufu (Japanese) is made from pressed soy beans. The beans produce a milk which is then made into a kind of cheese. High in protein and low in fat and cholesterol, it is a perfect alternative protein source for Americans who want to cut down on meat. It is available in many health food stores today, and while it is expensive compared to what you would pay in Asia, it is no more expensive than most cuts of meat.

Cornstarch: used to thicken sauces and marinades. It must be mixed well with a little cold water to liquify it befor it is used. If the mixture is left standing, stir again before you add it to a sauce. If the sauce is hot, stir very quickly as you add the cornstarch to avoid lumps.

Hot bean paste: made from fermented beans, with chili oil added. A useful sauce if you can find it.

Chili oil: made from frying chili peppers in oil, can be used sparingly to add spice.

Sesame oil: another oil used for flavoring. Use sparingly. It is especially good in chicken dishes.

SOME BASIC RECIPES

Chinese Pepper Steak

Ingredients: 4-8 oz. meat (flank steak is popular)
2-3 green peppers
2 Tblsp. soy sauce

Preparation: Shred the meat into one inch long strips (the Chinese call these "threads," so they mean thin). Pile the cut meat on a small plate, pour on the soy sauce and let it sit. You can stick a couple of cloves of garlic in the meat if you like.

Clean the green peppers, removing seeds and membranes, and cut them into similar size strips.

Cooking: Heat 2-3 tablespoons of oil in your wok or frying pan. If it begins to smoke it is hot enough. A better way to test is to put a small piece of green onion in the oil. It will sizzle as it heats, and when the sizzle stops the oil is ready.

Add the meat mixture, stirring quickly. The meat will turn brown in three to five minutes. Then add the green peppers, mixing thoroughly. When they cook they will turn a brighter green: taste one to test for doneness. Remember they will cook quickly, so be careful not to overcook. Salt or add more soy sauce to taste.

Serve with rice. Eight ounces of meat and three peppers with rice should feed two people easily. With experience you will be able to make the dish in the time the rice is cooking. Compare time, cost and flavor to the frozen version of this dish!

Comments: The Chinese often use pork in this dish, but many Americans prefer beef. If you want to be a little fancier, marinate the beef in advance with 1 Tblsp. cooking oil, ½ Tblsp. wine, 2tsp. cornstarch and ½ tsp. salt (this is Pei Mei's marinade), or use the marinade you prefer. Just soy sauce and garlic works fine with pork.

Stir-fried Vegetables

Need a vegetable dish to round out your meal? Cut up almost any vegetable and fry it with a little soy sauce and you have a Chinese vegetable dish.

Broccoli tastes great if you chop it into bite size pieces and fry it with a little garlic (put the garlic in the oil as it heats). Many Chinese peel of the tough outer skin on the stalk of the broccoli, mainly for the texture. This is time consuming, however, and does waste some vitamins. Try it both ways and see how you like them. Put a spoonful or so of water on the broccoli after you start to fry it. This will create a steaming effect and help it cook through. Sprinkle on some soy sauce at the end to taste.

Chinese cabbage works well, too, if you can get it. Skip the garlic for this one, and don't add water, because cabbage produces a lot of water as it cooks.

Don't be afraid to mix and match. Mushrooms go well with cabbage (Chinese dried mushrooms must be soaked for an hour or so before you cook with them). Snow peas, bean sprouts, cauliflower and carrots all fry and mix well, too.

Eggs and Onions

This is another quick and easy dish that can be added at the last minute if you have added guests or if you forgot to defrost anything in the morning.

Scramble five eggs and slice a medium to large yellow onion. Heat three tablespoons of oil in the wok and add the onions. As the onions soften (they don't need to brown) add salt, pepper and maybe a few drops of chili oil. Then add the eggs, stirring constantly. Just before the eggs are cooked, sprinkle on some soy sauce.

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These are easy recipes that can be made with common household American ingredients. Make the Pepper steak, broccoli and Eggs and Onions and you have a nice dinner for four (with rice, of course). If you can get the ingredients, however, try something more daring. Ma Po Bean Curd is a spicy favorite.

MA PO BEAN CURD

Bean Curd: 1 pound Ground pork (or beef) 2 oz. Hot Bean paste 1 TBL

Sauce #1	Sauce #2		Sauce #3	
Chopped Green Onions	Cooking wine	1TBL	cornstarch	(1-2 tsp)
Chopped Garlic	water	1 cup		
Chopped Ginger	soy sauce	1½ TBL	water	1 TBL

Preparation: Mix the ground pork and hot bean paste, let stand. Chop the white part of the onion (2-3 depending on size), 2-3 cloves garlic and a small piece of fresh ginger (optional). Chop them together and very fine. Chop the greens of the onion separately and less fine. Make sauce #2 in a cup, using not quite a whole cup of water. If the bean curd is softer use a little less water in the sauce. Dissolve the cornstarch in water for sauce #3.

Chop the bean curd into one inch cubes.

Cooking: Heat 1-2 TBL oil in the wok. Ground pork or fatty beef give off oil when cooked, so less is needed.

Add the sauce #1 mixture of onions, garlic and ginger. Fry about 30 seconds, and

Add meat and bean paste mixture. Stir quickly until meat is brown, then

Add bean curd, first draining off any water that may have settled in the dish. Fry the bean curd gently, just to mix the ingredients without causing the bean curd to break up. Then,

Add sauce #2, along with salt and pepper to taste. Bring to a boil and simmer about three minutes.

Now restir sauce #3 and add it to the dish, stirring very quickly to mix well and prevent the cornstarch from lumping. As the sauce thickens, add the green onion tops (this is as much for color as anything else).

Pour into a dish and serve.

Comments: If you can get the Bean Curd and Hot Bean Paste, this popular dish from Sichuan is great for teaching some basic ideas about Chinese cooking.

The bean curd is a major source of inexpensive, healthy protein for the Chinese. Many prefer it to meat.

The ground meat is used as much for flavor as for substance, so a little goes a long way. It is a common "spice" in non-meat dishes, so vegetarians should beware when they order in a Chinese restraunt to ask if there is any meat in the dish.

The onion-garlic-ginger mixture is also popular in many dishes. Cooked first, it infuses the oil with flavor that is then transmitted to everything that is fried in the oil. Another advantage of bean curd is that it picks these flavors up very well.

The cornstarch mixture is also a common thickener in recipes.

Some Recommended Books

Pei Mei's Chinese Cook Book

Published in Taiwan in a Chinese-English edition, this book is popular with both Chinese and Americans. It is available in many oriental food stores and book shops, including Ling Li in Kerrytown, Ann Arbor. There are now two volumes, but volume one (the red volume) should suffice for starters.

Nutrition and Diet with Chinese Cooking by Christine Y.C. Liu (published privately in 1977, carried by Jacobson's and other Michigan book stores)

A health-minded approach to Chinese cooking with the limitations of an American kitchen taken into consideration.

The Great Tastes of Chinese Cooking by Jean Yueh (Times Books, New York, 1979).

For the modern American kitchen, this book tells you how to use your food processor to help with the most time consuming part of Chinese cooking: the chopping.

There are scores of other Chinese cookbooks, some specializing in particular regional styles, some for vegetarians, and many how-to books for nervous Americans. All probably contain some good recipes. Find the one(s) that suit your needs in terms of available ingredients and utensils.

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This unit also provides a few examples of recipes from the four basic regions as they appear in the Pei Mei cookbook.

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Western (Inland)

Sze-Chuan Cucumber Relish

Ingredients:

1-1 4 *lbs. Cucumbers (about 7 pcs)*	1 *T. Salt*
18 *slices Garlic*	2 *t. Sugar*
1 *t. Brown pepper corn*	1 *T. Brown vinegar*
1 *t. Hot bean paste*	2 *T. Sesame oil*
2 *T. Hot oil (red pepper oil)*	1/2 *t. M.S.G.*

Procedure:

1. Cut off and discard both tips of cucumber, then cut length-wise to stripe, remove seeds. Cut 2 inches long. Let stand in bowl, sprinkle with salt and soak two or three hours.
2. Wash the cucumber with cold water and let dry. Put back in bowl.
3. Add garlic slices, brown pepper corns, hot bean paste, hot oil, sugar vinegar and sesame oil. Mix and soak about 3 hours.

NOTE:

This may be kept for 1 week in refrigerator, covered.

* Refer to picture No. 35 (C).

A great dish for summer picnics

Eastern

(Often served in Hunan restaurants also)

Honey Dew Ham

Ingredients:

1-1/4 *lbs. Chinese Virginia ham*
1/2 *C. Hot water*
6 *oz. Crystal sugar (or sugar)*
2 *oz. Dry lotus seeds or chestnuts*
1 *T. Wine*
1/2 *t. Kuei-hua juice (optional)*

Procedure:

1. Trim off the black surface of the ham. Soak the ham with hot water about 1/2 hour, then wash it. Put the ham in a plate. Steam for about 1/2 hour.
2. Cut the ham crosswise into 1" wide, 2" long, thin slices. Arrange the ham slices attractively on the bottom of a bowl or deep plate. Put the odd sized pieces in the center. Add half rock crystal (3 oz), wine and hot water. (to cover the ham). Steam for about 20 minute,
3. Drain off the liquid from the steamed ham bowl. Add soaked lotus seeds (or chest nuts) and other half (3 oz.) rock crystal. Steam for another 1/2 hour until the lotus seeds are tender.
4. To prepare sauce, pour the liquid from the steamed ham bowl into a small saucepan. Add Kuei hua juice. Simmer and stir until thickened. Turn ham from bowl to plate and pour sauce over it and serve.

NOTE:

1. Kuei-hua is a popular Chinese flavoring, but there is no substitute for it in the States.
2. The canned lotus seeds or chestnuts may be used.

*Refer to Picture No. 8.

Eastern (Coastal)

A Shanghai Favorite

Cabbage with Cream Sauce

1-1/4 *lbs. Chinese cabbage*	1 *T. Cornstarch* (*make paste*)
4 *T. Milk*	1-1/2 *T. Cold water* "
3 *t. Salt*	1 *C. Soup stock*
1 *t. Sugar*	6 *T. Peanut oil*

Procedure:

1. Remove cabbage leaves, wash and cut into 2½" crosswise slices then slice in ½" wide strips (leaf portions may be cut in wider pieces)
2. Heat 4T. oil in frying pan, add all of the cabbage and stir-fry with high heat, about 3 minutes, until cabbage is soft; then add salt, sugar, and M.S.G.. Place in a strainer and let cabbage drain.
3. Heat the frying pan and add 1T. oil with soup stock. When the soup stock boils, add salt and cornstarch paste to make it starchy. Add milk and another 1 T. oil. Stir well. Remove half of this sauce and reserve. Add cabbage to remaining sauce, mix thoroughly.
4. Lay the cabbage on platter, then pour the reserved sauce on top.

NOTE:

To this dish we may add 1/3 cup shrimp or scallops or ham cut in small pieces.

West Lake Fish

Ingredients:

1 *Live fish (carp or any fresh water fish)*
1/2 *C. Shredded young ginger*
2 *Green onions*
2 *T. Soysauce*
3 *T. Sugar*
1 *T. Wine*
1/2 *t. M.S.G.*
2 *t. Salt*
4 *T. Brown vinegar*
2 *t. Brown food color (optional)*
3 *T. Lotus root starch or cornstarch paste*
1 *T. Sesame oil*
4 *T. Lard (or cooking oil)*
2 *C. Soup stock*

Procedure:

1. Kill fish by striking a blow on the head (do not remove head). Scale and clean. Split it lengthwise from gills down without cutting through the back. Chop the large bones into sections.
2. Put the fish in boiling water with some green onion and ginger, cook about 3 minutes over medium fire until the fish is done (when the eyes pop out). Remove the fish from pan and place onto a platter.
3. Sprinkle the young shredded ginger on the fish.
4. Splash wine in the 3T. heated oil, add soup stock immediately. Add soysauce, sugar, vinegar, salt and food color. When the soup is boiling add lotus root starch or cornstarch (mix with 5 T. cold water) cook until thickened. Sprinkle 1 T. lard (or hot cooking oil) into the sauce, pour over the fish. Serve immediately.

West Lake is considered the most beautiful lake in China.

Stewed Pork in Brown Sauce

Ingredients:

2 *lbs. Pork (butt or bacon)*	1/2 *C. Wine*
8 *Green onions*	2/3 *C. Sugar*
2 *Star anise*	2 *C. Water*
1 *C. Soysauce*	1/4 *lb. Pork Rind*

Procedure:

1. Cut the pork into 1½ inch squares (Add pork rind in a large piece and remove before serving.) Can also be cooked whole
2. Using a deep pot, lay whole green onions on bottom add pork squares and rind piece. Add star anise, soysauce, wine, sugar, water and cover. Bring to boil over high heat, reduce heat to about half, stew for 1 hour, unitl the sauce is reduced to 1/2 cup and is rather thick.
3. To serve, lay onion on bottom of platter, add pork and sauce.

NOTE:

Don't remove the cover, but do shake the pot about every 20 minutes.

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* Refer to picture 30 (A).

According to Emily Han this should be considered a coastal dish: it is what she refers to as "red-cooked" pork.

Beef with Oyster Sauce

Ingredients:

1 *lb. Lean beef (flank steak)*
8 *Pcs. Green onions (1" long)*
3 *slices Ginger*
1/2 *t. Baking soda (to marinate beef)*
1 *t. Sugar* "
1 *T. Cornstarch* "
1 *T. Soysauce* "
1 *T. Water* "
2 *T. Cooked Peanut oil*
2 *T. Oyster sauce (Seasoning sauce)*
1 *T. Water* "
1 *t. Sugar* "
1/2 *t. Cornstarch* "
1/2 *t. Sesame oil* "
4 *C. Peanut oil*
1/2 *lb. Green Vegetable*
1 *T. Wine*
1/2 *t. Salt*
1 *t. Sugar*

Procedure:

1. Slice the beef into 1" squares, put in a bowl and marinate for ½ hour at least (longer is better). Then add in 2 T. cooked oil and mix well.
2. Boil the green vegetable in boiling water about 2 minutes. Remove from pan and stir fry with 2 T. oil seasoned with wine, salt and sugar, lay on plate.
3. Heat 4 cups of oil in fry pan (about 300°) Add beef and fry until it turns light (done) about 10 seconds. Remove beef and drain off oil from pan.
4. Use another 2 T. oil to fry green onions and ginger, add beef, stir quickly over high heat, next add the seasoning sauce. Stir until thickened and heated through. Pour over green vegetables and serve.

Sweet and Sour Pork

Ingredients:

1 *lb. Pork tenderloin*
2 *Green pepper*
4 *slices Pineapple (or 1 C. Canonese pickles)*
1/2 *t. Salt (to marinate pork)*
1/2 *T. Soy sauce* "
1 *T. Cornstarch* "
1 *T. Cold water* "
1 *Egg yolk* "
6 *C. Peanut oil*
3 *T. Vinegar (Seasoning sauce)*
4 *T. Sugar* "
4 *T. Tomato catsup* "
4 *T. Cold water* "
3 *t. Cornstarch* "
1 *t. Salt* "
1 *t. Sesame oil* "
1/2 *C. Cornstarch*

Procedure:

1. Pound pork with the back of a cleaver (this is to tenderize the pork), then cut into 1 inch squares. Soak with marinade for at least 1/2 hour.
2. Cut green pepper into halves, remove seeds and membranes, and cut into 1" squares. Next cut 4 slices of pineapple into the same size squares. Set aside.
3. Heat 6 cups oil. While oil is heating, coat each piece of pork in 1/2 cup cornstarch. When oil is ready, fry pork until brown and done (about 2 minutes), take out, reheat oil then fry once more until crispy. Remove pork and drain off oil from frying pan.
4. Put back into frying pan 2 T. oil, fry the green pepper and pineapple, stirring constantly. Add the seasoning sauce continuing to stir fry, until thickened. Turn off the heat. Add the pork, mix well and serve immediately.

* Refer to picture No. 20.

Minced Chicken with Corn Soup

Ingredients:

1/4 *lb. Chicken breast*	3 *t. Salt*	
2 *Egg white*	6 *C. Chicken broth*	
1 *T. Chopped cooked ham*	4 *T. Cornstarch*	*(make paste)*
1 *can Sweet corn (# 2 can)*	4 *T. Cold water*	"

Procedure:

1. Mince into fine slivers, 1/4 lb. chicken breast. Place in a bowl, add 1 egg white and cream style corn. Mix carefully, put aside. In another bowl, beat 1 egg white and set aside.
2. Bring to a boil 5 cups chicken broth or consomme. Add chicken with corn and salt, when it boils again, add cornstarch paste. Stir well and let boil until thickened. Reduce heat to low, add the beaten egg white carefully and stir until blended.
3. Pour into serving bowl and sprinkle 1T. chopped ham. Serve.

NOTE:

1. Instead of chicken meat, the scallops, abalone, or shrimp may be used.
2. To this soup we may add 1/3 C. milk just before serving.

In Chinese meals the soup is often served last.

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Roast Peiping Duck

Ingredients:

1 *Duck (specially fed, fat, about 5 lbs.)*		3 *T. Sweet bean paste (tien mein jam)*	*Bean paste sauce*
3 *T. Honey (or molasses)*	*(syrup mixture)*	1 *T. Sesame oil*	"
2 *T. Wine*	"	2 *T. Sugar*	"
1 *T. Vinegar*	"	1/2 *C. Water*	"
1 *C. Hot water*	"	20 *Scallions (2" long)*	
		20 *wheat Flour tortilla (or thin plain flour pancakes)*	

Procedure:

1. Clean the outside of a fresh, specially fed, fat duck complete with neck and head.
2. Pump air between the skin and meat at neck opening until the whole duck becomes puffed to the limit.
3. To dress the inside of the duck, cut a slit under a wing and remove all the internal organs. Use a stick to brace the back and the breast. Rinse the inside until the water comes out clean. Pat dry.
4. In a big bowl, baste the duck thoroughly with the warm syrup mixture. Use two small sticks to brace the wings away from the body. Tie a string around the neck and hang the duck in a drafty place. Let wind dry for about 6 hours. Roast in a rotisserie for about 30-40 minutes.
5. A charcoal type oven may be used. Hang it up for even roasting. Roast at high heat for about 20 minutes and then at low heat for another 20 minutes. Turn frequently, the skin will be golden brown and crisp.
6. Slice all of the duck skin into thin pieces, then slice meat part. Serve with bean paste sauce (bring the mixture to a boil for 1 minute), tortillas or pancake, and green onion stripe. Put some bean paste sauce and 1 green onion on pancake then add crisp duck one or two pieces on the center. Roll up and eat with fingers.

NOTE:

Peiping duck is a well known popular Chinese dish. The tender, crisp delicious flavor is irresistable. The duck should be a specially fed and fat one which is a result of a particular feeding process. Roasting in a charcoal rotisserie give better results. The slicing requires special skill.